

Gingerporkchops10

Number of Servings: 10 (97.61 g per serving)

Amount	Measure	Ingredient
2 1/2	Tbs	Sauce, soy, light
5.00	tsp	Honey, amber
5.00	tsp	Mustard, yellow, prep
5.00	tsp	Spice, ginger, ground
2 1/2	tsp	Oil, Natural Blend, veg canola & sunflower
30.00	oz	Pork, chop, center loin, lean, brld

Nutrients per serving

Nutrition Facts			
Serving Size (98g)			
Servings Per Container			
Amount Per Serving			
Calories 200		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 70mg		23%	
Sodium 210mg		9%	
Total Carbohydrate 4g		1%	
Dietary Fiber 0g		0%	
Sugars 3g			
Protein 26g			
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* Buy meat cut in 3 1/2 to 4 oz portions raw = ~3 oz portion cooked

* Use La Choy light soy sauce (in analysis) or Kikkoman light soy sauce (adds 15 more mg sodium/serving). Either are fine.

Potentially Hazardous Food. Food Safety Standards: Hold food for service at internal temperature above 140 degrees F.

THE DAY BEFORE SERVING: Mix together all ingredients except for meat. Pour part of marinade in bottom of pan and then place layer of meat on marinade. Pour marinade on top of each piece. Cover and refrigerate. In the a.m. turn pieces being sure marinade has a chance to soak into all parts of the meat.

OR, for smaller yields, add meat to marinade which has been mixed in a 1 or 2 gallon zip lock bag. Zip shut and rotate meat within the bag to be sure all surfaces are marinated. Refrigerate overnight. If in bags, turn bags over in the a.m. so marinade soaks into the other side of the meat more. Place meat on sprayed baking pans.

Bake in 350 degree oven for 30 minutes, layer cooked meat in steamtable pans adding 1/2 c -1c of water per pan to keep the meat moist. Cover steam table pan(s) with foil. Place in 350 degree oven for another 30 minutes until tender. Transfer to steamtable and serve.

1 serving = 1 pork chop = protein and 4 grams carbohydrate = 0 Carb Servings

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